



Click [here](#) to visit
the WIC site for
**Family Meals:
Eat Better,
Eat Together**

Starting in February 2002, the Southwest Washington Health District and WIC will begin implementing a new program entitled *Eat Better, Eat Together*. This program is designed to encourage families to eat together in order to promote healthy eating and positive social interaction among family members. The concepts behind this program are that eating together as a family:

- Improves family communication,
- Increases sense of security and stability among children,
- Enhances sense of family traditions and values,
- Helps children do better in school and have fewer behavior problems,
- Makes good use of resources by cooking larger quantities,
- Uses time better by planning menus and preparing only one meal.

Click on the logo to the left to learn more about *Eat Better, Eat Together*!

Click [Here!](#)



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Nutrition Websites**

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where both kids *and* parents can
learn about nutrition and healthy
eating! These sites are full of
games, activities and stories!**